

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 2025

Reservations & Cancellations must be made three business days in advance.

Menu subject to change without notice.



Main Office in S. Dennis: 508-394-4630



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Marsala(354) Roast Sweet Potato(36) Green Beans(2) Wheat Roll(135) Pudding(135)	4 Beef Chili(321) Spinach(110) Cornbread mini-loaf(180) Fresh Pear(1) Garden Veg Soup(187) for cong dining only	5 Shrimp with Abruzzi Sauce over Angel Hair Pasta(494) California Veg(17) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)	6 Broccoli & Cheese Stuffed Chicken(410) Roasted Potato(120) Peas & Carrots(51) Wheat Roll(135) Fresh Banana(1)	7 Beef Stroganoff over Egg Noodles(179) Kale, Corn, & Red Pepper(16) Wheat Bread(135) Mixed Fruit in tray(10)
720 cal; 817mg sodium	697 cal; 767mg sodium	725 cal; 1061mg sodium	715 cal; 872mg sodium	751 cal; 495mg sodium
10 Roast Turkey with Gravy(436) Baked Potato(6) Veg Medley(12) Wheat Bread(135) Chocolate Cake(182) MOD:Lorna Doones(147) Sour Cream pkt(9)	11 Stuffed Shells with Beef Bolognese & parm garnish(559)* Broccoli(9) Garlic Bread(270) Fresh Grapes(2)	12 Thai Curry Beef(143) Brown Rice Pilaf(84) Spinach(110) Wheat Roll(135) Fresh Banana(1) Northern Bean Soup(286) for cong dining only	13 Chicken Cacciatore(531) Polenta(14) California Veg(17) Wheat Bread(135) Yogurt(50)	14 Diced Pork with Gravy(98) Cheesy Mashed Potato(228) Green Beans with Red Pepper(3) Apple Fritter(330) Strawberries in tray(2)
829 cal; 935mg sodium	689 cal; 995mg sodium	735 cal; 628mg sodium	814 cal; 902mg sodium	848 cal; 816mg sodium
17 SITES CLOSED 	18 Braised Beef w/ Veg(70) Mashed Sweet Potato(35) Zucchini(2) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)	19 Mediterranean Chicken with Penne Pasta(418) Broccoli(9) Garlic Bread(270) 2 Fresh Clementines(1)	20 Homemade Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Mixed Veg(30) Wheat Roll(135) Fresh Grapes(2) Lentil Soup(148) for cong dining only	21 Mozzarella Omelet with Spinach & Red Pepper(482) LS Potato Wedges(15) Cranberry Orange Snack Loaf(120) Cinnamon Apple Slices in tray(10)
	731 cal; 637mg sodium	712 cal; 853mg sodium	710 cal; 743mg sodium	704 cal; 782mg sodium
24 Cheddar Burger(360) Black Beans, Corn, & Red Pepper(66) Broccoli(9) Hawaiian Burger Bun(120) Yogurt(50) Ketchup pkt(82)	25 Chicken Alfredo with Fettuccini(627)* Mixed Veg(30) Wheat Roll(135) 2 Fresh Clementines(1)	26 Diced Pork with Spiced Apple Slices(65) Mashed Potato(135) Beets & Collards(81) Wheat Roll(135) Fig Newton(210) MOD:Lorna Doones(147) Beef & Barley Soup(215) for cong dining only	27 Pollock w/ Tomato Caper Cream Sauce(523)* Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Fresh Banana(1)	28 Swedish Meatballs over Egg Noodles(414) Brussels Sprouts(12) Wheat Bread(135) Mango in tray(0)
750 cal; 842mg sodium	754 cal; 948mg sodium	708 cal; 781mg sodium	732 cal; 908mg sodium	705 cal; 716mg sodium
In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.			

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.